



# TROOPS FOR FITNESS

February 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Bootcamp w Gary Nazzaro Center, North End 6:30am  Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	3 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	4 Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	5 Running Group with Alvin M Franklin Park @ clubhouse 6:30am  Cardio & Strength w Jessica R at BCYF Hennigan Center, JP 7:15pm	6	7
8	9 Bootcamp w Gary BCYF Nazzaro Center, North End 6:30am  Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	10 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	11 Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	12 Running Group with Alvin M Franklin Park @ clubhouse 6:30am  Cardio & Strength w Jessica R at BCYF Hennigan Center, JP 7:15pm	13	14
15	16	17 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	18 Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	19 Running Group with Alvin M Franklin Park @ clubhouse 6:30am  Cardio & Strength w Jessica R at BCYF Hennigan Center, JP 7:15pm	20	21
22	23	24 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	25 Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	26 Running Group with Alvin Franklin Park @ clubhouse 6:30am  Cardio & Strength w Jessica R at BCYF Hennigan Center, JP 7:15pm	27	28

March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Bootcamp w Gary BCYF Nazzaro Center, North End 6:30am  Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	3 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	4 Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	5 Running Group with Alvin M Franklin Park @ clubhouse 6:30am	6	7
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29	30 Bootcamp w Gary BCYF Nazzaro Center, North End 6:30am  Zumba with Meissa BCYF Perkins Center, Dorchester 6:30pm	31 Running Group with Alvin M Franklin Park @ clubhouse 6:30am				

Events, times and locations are subject to change.  
All classes are one hour long unless otherwise noted.  
Please check [www.cityofboston.gov/parks](http://www.cityofboston.gov/parks) for the most up to date schedule. Cancellations will be posted on social media: @BostonParksDept and F/BostonParksDepartment